

Nourishing drinks

You may find it easier to boost your nutritional intake by having nourishing drinks throughout the day, rather than eating more at mealtimes. Try some of our suggestions below, or see the 'Super shakes' resource for more recipe ideas. If you have diabetes, speak to your GP, nurse or diabetes team before starting nourishing drinks.

Tip: aim to drink two nourishing drinks per day to help prevent weight loss and encourage weight gain

- **Have nourishing drinks in between your meals**, not in place of them.
- **Choose full-fat and full-sugar products** rather than 'diet', 'sugar free' or 'skimmed' varieties as these provide more calories.
- **Use milk, dairy-free milk alternative or fruit juice as base ingredients** in your drinks, rather than water.
- **Make fortified milk** to boost protein and calorie content. Add 2-4 tablespoons of dried milk powder to a pint of milk, stir until dissolved and use like regular milk. Marvel, Nido® or supermarkets' own brands are available.
- **Try fruit smoothies** to help improve your vitamin and mineral intake.
- **Relax with a warm milky drink** such as Horlicks®, Ovaltine® or cocoa before bed.



- **Simple milkshake:** 200ml fortified milk, 1 scoop of ice cream or 1 small yoghurt, fresh fruit or flavoured milkshake powder = *approximately 300kcal and 10g protein*
- **Fruit smoothie:** 150ml orange juice, 1 banana, 2 teaspoons of honey, 4 tablespoons of tinned peaches (in syrup) = *approximately 265kcal and 2g protein*
- **Iced coffee:** 200ml fortified milk, 2 teaspoons of instant coffee, 2 tablespoons of sugar = *approximately 330kcal and 11g protein*
- **Chocolate dream:** 200ml fortified milk (warm), 1 tablespoon of drinking chocolate, sugar to taste = *approximately 230kcal and 17g protein*

Contact us

If you have any questions or concerns about these information sheets, please contact the Lambeth and Southwark Action on Malnutrition Project on 020 30495422 (Monday to Friday, 9am to 5pm).

For more information leaflets on conditions, procedures, treatments and services offered at our hospitals, please visit www.guysandstthomas.nhs.uk/leaflets

Pharmacy Medicines Helpline

If you have any questions or concerns about your medicines, please speak to the staff caring for you or call our helpline.

t: 020 7188 8748 9am to 5pm, Monday to Friday

Patient Advice and Liaison Service (PALS)

To make comments or raise concerns about the Trust's services, please contact PALS. Ask a member of staff to direct you to the PALS office or:

t: 020 7188 8801 at St Thomas' **t:** 020 7188 8803 at Guy's **e:** pals@gstt.nhs.uk

Language Support Services

If you need an interpreter or information about your care in a different language or format, please get in touch using the following contact details.

t: 020 7188 8815 **fax:** 020 7188 5953

NHS 111

Offers medical help and advice from fully trained advisers supported by experienced nurses and paramedics. Available over the phone 24 hours a day.

t: 111

NHS Choices

Provides online information and guidance on all aspects of health and healthcare, to help you make choices about your health.

w: www.nhs.uk

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t: 0848 143 4017 **e:** members@gstt.nhs.uk **w:** www.guysandstthomas.nhs.uk